

COUNTY OF COLUSA
HEALTH AND HUMAN SERVICES

251 E. Webster St.
Colusa, CA 95932

Elizabeth Kelly
Director



ADMINISTRATION: (530) 458-0250

HUMAN SERVICES DIVISION

Children's Services: (530) 458-0280
Adult Services: (530) 458-0280
Eligibility Services: (530) 458-0250
Public Guardian: (530) 458-0280
Veterans Service Office: (530) 458-0388
Fraud Prevention: (530) 458-0279

HEALTH SERVICES DIVISION

Public Health/Nursing: (530) 458-0380
Tobacco: (530) 458-0380

FOR IMMEDIATE RELEASE

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**Colusa County Health and Human Services
Encourages Healthy Habits as Kids Return to School**

(COLUSA, CA) August 09, 2023 – As the school year begins, Colusa County Health and Human Services reminds parents, guardians, teachers, and caregivers to employ healthy habits to ensure back-to-school success for Colusa County kids! Healthy, happy kids are better learners, and adopting a few healthy habits can go a long way in preventing illness, and absenteeism.

- Stay up-to-date on all vaccinations
- Wash hands and maintain proper hygiene
- Maintain a balanced diet
- Establish a consistent sleep routine
- Engage in routine physical activity
- Prioritize mental health

In addition to the common cold and other annual illnesses, COVID-19 (Coronavirus) still remains a concern. Mitigating the spread of COVID-19 involves a combination of individual and community efforts to reduce transmission.

- Get vaccinated
- Wash hands regularly
- Get tested when exhibiting symptoms
- Use a facemask when feeling ill or after testing positive
- Regularly clean and disinfect frequently touched surfaces
- Stay home when sick (if possible)
- Cover nose and mouth when coughing or sneezing

The California Department of Public Health's (CDPH) COVID-19 Public Health Guidance for K-12 Schools can be accessed here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2022-23-School-Year.aspx>. This guidance has not changed since provided for the 2022-2023 academic year.

The Colusa County COVID-19 dashboard can be accessed here: <https://colusacounty.maps.arcgis.com/apps/dashboards/7efdfd97928843eb96755fced71ca625>.